



April 22, 2020 Update (#79)

To: All Residents

From: Charles H. Greenthal Management Corp.

Re: Staying Connected with Family and Friends While “Social Distancing”

This pandemic can be particularly stressful for family, friends and loved ones. Social Distancing, while necessary to help prevent the spread of COVID-19, can make “staying connected” a challenge. To help reduce stress, anxiety, stay positive and promote overall psychological wellbeing – it is important to stay in touch with family and friends.

With this in mind, the New York City Department of Health provides the following recommendations to help residents navigate the “new normal” of remote and virtual communication.

**Stay in touch with others through:**

- Phone
- Text (*phone text, WhatsApp, FB Messenger, etc.*)
- Video chat (*Skype, FaceTime, Zoom, Facebook Live, etc.*)
- Email
- Social media

**Adapt your daily routines to involve friends and family virtually:**

- Share meals virtually. Use video chat to exchange your favorite recipes, then prepare and enjoy together, in your separate homes.
- Try a virtual game night.
- Tune in to the same streaming concert, Broadway performance, or comedy show.
- Join a friend for the same online workout class.
- Sign up for an online class on a new or beloved hobby (*such as baking, crafts, or photography*).
- Go on a walk or jog with your friend while you’re both on the phone.
- Start watching a TV show or movie at the same time, then exchange critiques afterwards.
- Swap your favorite book titles with your friends, then set up time to share what you thought on the phone or by video chat.
- Instead of going out with friends, have a virtual dance party.
- Race a friend to finish the same puzzle.
- Meet a new group of people through online groups that are forming on Facebook, Slack,
- Meetup and WhatsApp, or through neighborhood mutual aid groups. For some examples, visit [citylimits.org/nyc-coronavirus-crisis-resources-for-you/#11](http://citylimits.org/nyc-coronavirus-crisis-resources-for-you/#11).
- Find an online worship service or schedule a live prayer session with your fellow service-goers.

**Reach out to those who need support**

- Reach out to an elderly neighbor or relative for a chat or, if you are not sick and do not have any symptoms, offer to help them shop for essentials.
- If you are not sick and do not have any symptoms, hang a sign in your building offering to shop for essentials for those who need help.
- Post a positive review for a local business.
- Contact your local nursing home and ask if you can send letters to their residents.
- Reach out to those with small children and offer to read or entertain them virtually.

**NYC Well**

NYC Well offers a number of well-being and emotional support applications (apps), and information on community resources. Visit [nyc.gov/nycwell](http://nyc.gov/nycwell). If your symptoms of stress become overwhelming, reach out for support and help. Trained counselors are available 24/7 to provide brief counseling and referrals to care in over 200 languages. Call 888-NYC-WELL (888-692-9355), text “WELL” to 65173, or chat at [nyc.gov/nycwell](http://nyc.gov/nycwell).

The New York State (NYS) COVID-19 Emotional Support Helpline at 844-863-9314 is staffed 8 a.m. to 10p.m., seven days a week. The phone line is staffed with specially trained volunteer professionals who are there to listen, support and refer if needed.

For more information about coronavirus disease 2019 (COVID-19), including how to guard against stigma, visit [nyc.gov/health/coronavirus](http://nyc.gov/health/coronavirus) and [cdc.gov/covid19](http://cdc.gov/covid19). For real-time updates, text “COVID” to 692-692. Message and data rates may apply.